

Scallion Rice

Makes: 5 servings

Ingredients

4 1/2 cups rice (brown, cooked in unsalted water)

4 1/2 teaspoons bouillon granules (low sodium)

1/4 cup scallions (chopped)

Directions

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules and mix well.
3. Measure 1-cup portions and serve.

Source: National Heart, Lung and Blood Institute (NHLBI), Dash E

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------|
| Calories | 200 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 10 mg |
| Total Carbohydrate | 42 g |
| Dietary Fiber | 3 g |
| Total Sugars | 0 g |
| Added Sugars included | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |